



**Avanti Deshpande**  
Holistic Nutritionist & Nutrigenomic Counselor

Avanti is a renowned Nutritionist, Corporate Wellness Coach, Menu Analyst for Restaurants & Cafeterias, and a certified Nutrigenomic Counselor with over 16 years of versatile experience in the industry. As a Consultant Nutritionist, she lends her expertise to Individuals, Corporate, Food Brands, Education Institutions, NGOs, Restaurants/Hotels/ Cafeterias/Caterers and Gym & Fitness Centers. She is also an active Columnist, Author, Food Brand Ambassador and Speaker on the subject of Food Science, Nutrition, Health and Wellness.

Known to be a highly engaged and responsive Nutritionist-Avanti educates and shares her knowledge actively on all online & social channels and has clients across varied business verticals. Her popularity is due to her unique consultation approach, wherein she puts in a lot of research into the body composition of the client to design a holistic diet plan that is regularly followed through with the client. In her practice as a nutritionist consultant, Avanti has already touched more than 4000 lives through Consultations, Workshops and Menu Development, thus enabling effective lifestyles for many of her clients.

Avanti is a Post Graduate in Food Science & Nutrition, from SNDT Mumbai, a certified Nutrigenomic counselor by Genesupport and a much celebrated nutritionist for Citadel Pageants.

A sought after Writer, Author and Speaker on prominent Publications, Health & Fitness Panels and Institutes, her motto is to make people live healthier lives by following scientifically planned diet regimens that are simple and easy to follow.

**Our Credentials :**

- ◆ Nutrigenomic by Genesupport
- ◆ PG-Food Science & Nutrition-Mumbai University
- ◆ Citadel Pageant Nutritionist
- ◆ Columnist
- ◆ Author
- ◆ Speaker
- ◆ Wellness Coach

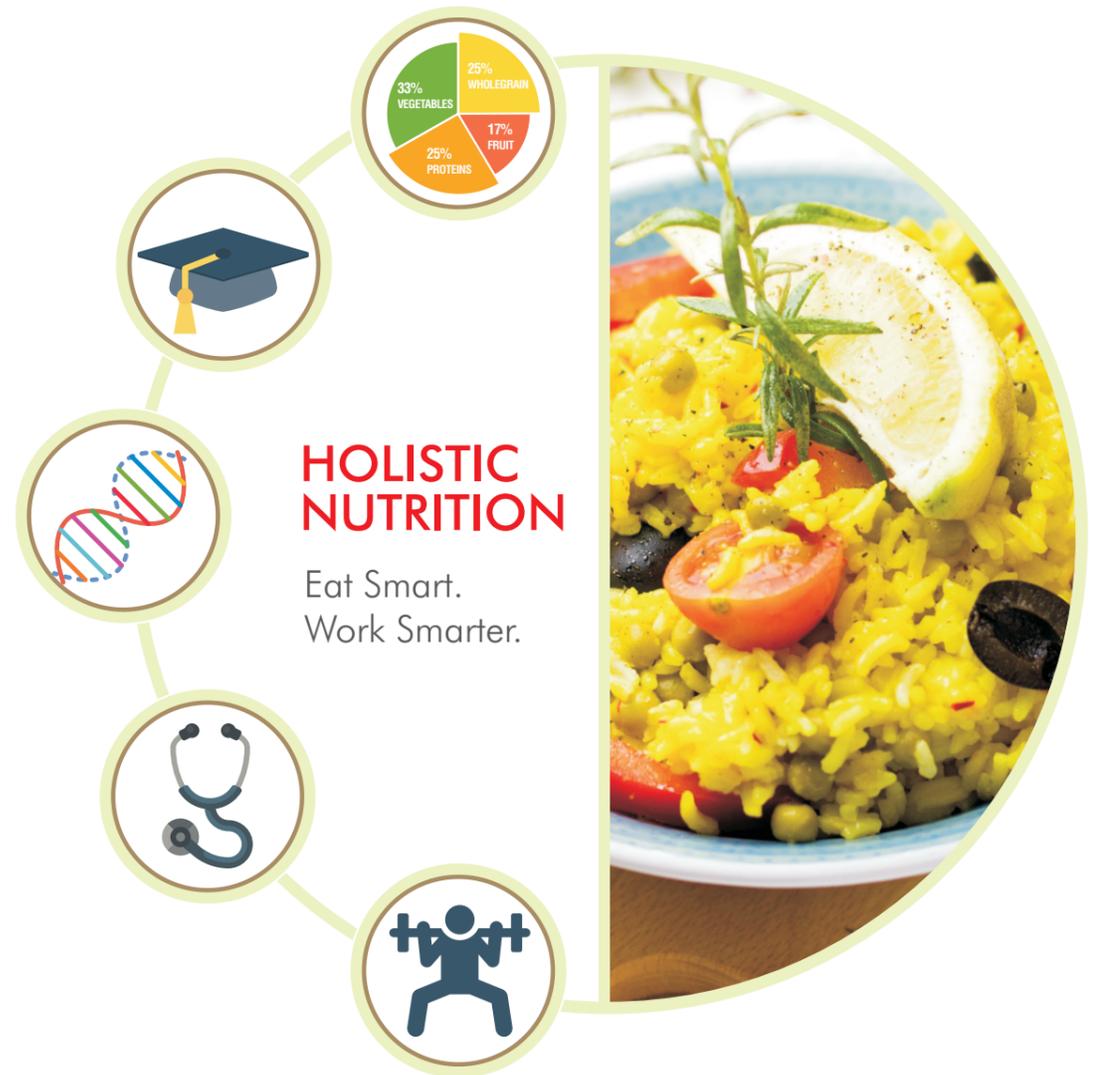
**Some more of our esteemed clients :**



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CLINICS : MODEL COLONY | KARVE ROAD | KOREGAON PARK

Also find me on :



**Consultant Nutritionist**

Corporate | Institutional | Clinical | Sports | Nutrigenomics

**Food Scientist**

Recipe Development | Menu Development | Product Development

## Clinical Nutrition

You are what you eat. Due to the changes in lifestyle, stress and improper eating practices there has been a meteoric rise in various ailments and disorders amongst young and old alike. A sound nutrition diet has the power to heal or prevent several illnesses. Proper medico nutrition therapy can reverse certain diseases and reduce the symptoms or the medications. As a Clinical nutritionist Avanti studies how nutrients in food are processed, stored and discarded by your body. Balanced dietary recommendations are made based on your family, medical history, lifestyle and laboratory tests.



### Clinical Nutrition Consultation Addresses

Food Allergies  
Intolerances  
Arthritis  
Celiac Disease  
Lactose Intolerance

Body Autoimmune diseases

Children  
Adolescents  
Pre-conception  
Post Pregnancy  
Diet for-in-Pregnancy-Complications

Pediatrics

Hyperlipidemia  
Diabetes  
Elevated Blood Pressure  
IBS  
Acidity  
Constipation

Lifestyle Disorders

PCOS & PCOD  
Hypothyroidism -  
Pre & Post Menopausal  
Oestrogen Imbalances

Hormonal Imbalances

## Sports & Celebrity Nutrition

Many people nowadays enjoy vibrant professions by pursuing their passions be it for Sports, Dancing, Modeling or Acting. It is often seen that in the pursuit of their passion and profession, very often health & nutritional requirements get neglected. Avanti guides sports enthusiasts on the type, as well as the quantity of fluids and food to be taken based on their Sporting intensity, frequency and body's tenacity. Similarly for Celebrity Pageants, it is vital that they eat right and balanced meals to maintain high energy levels required to look splendid through long shoots under challenging conditions.

### Sports & Celebrity Nutrition Consultation addresses

**A** Individuals

**B** ♦ Celebrities & Models  
♦ Pageant Contestants  
♦ Body Builders

**C** ♦ Sportsmen,  
♦ Marathoners  
♦ Cyclists, Trekkers

### Special Individualized Diet Plan

'One Size Fits all' is best restricted to ready-made garments. In matters of daily diet it's essential that we understand 'Each one as a Unique one' before planning their meals. With the variety of cases handled and after thorough research Avanti designs perfectly mapped dietary plans for Individuals having diverse backgrounds and equally varied concerns.

- ♦ Detoxification Diets
- ♦ Ketogenic Diets
- ♦ Vegan Diets
- ♦ Gluten free
- ♦ Lactose free
- ♦ Mediterranean diets
- ♦ Other Modified Diets

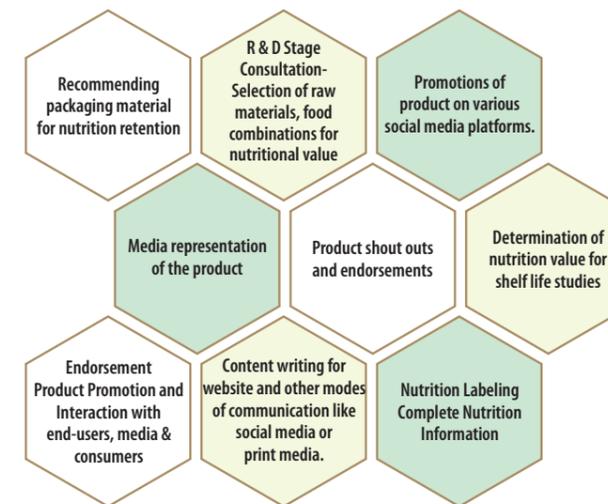
## Health & Food Industry Consulting

As a food scientist with over 10 years of experience behind her, Avanti imparts her knowledge and expertise through every channel where Food influences people's health & lifestyle. One such very popular channel for current generation is Hotels, Restaurants and Food Products/Brands. Through Avanti's immense presence on various social media platforms she informs and educates the masses on selecting right Food brands.



### Product development/ recipe development @ Food Brands

Avanti consults, analyses nutrition quotient of ingredients and makes recommendations during Product development stage for food companies manufacturing nutraceuticals or health products. Avanti works with many Food Majors to provide valuable insights that help enhance the products nutrition quotient



### Recipe development & Menu development @ Restaurants

As diners become more health conscious, Nutrition experts serve as back-of-house innovators as well as consumer-facing educators at prominent restaurants & Star-hotels. Today's guests want transparency, high-quality ingredients, and nutrient-dense foods. Avanti engages by menu development, ingredient and product vetting, staff and customer education with restaurants and online health food suppliers. She also remains available to receive several emails every day requesting advice on everything from navigating confusing dietary restrictions and sensitivities to calorie intake. Her services for quality restaurants involves-

- ♦ Nutritional Value Assessment ( existing menu )
- ♦ Health Menu development
- ♦ Content writing & blog writing on developed Menu & Recipes for websites, Social media & Print media
- ♦ Product Nutrition facts listing
- ♦ Endorsement of the menu /recipes on Avanti's social media channels

#### Clients & Testimonials

**Post Pregnancy Weight Control** - "I came to consult with Avanti for post pregnancy weight loss. She suggested me a plan keeping in mind that I needed to recover body strength post weight loss and not just calorie restriction. So the plan was given considering the nutrients that are needed for recovery and nourishment of the body post delivery. This has helped me sustain demands on my body post pregnancy & maintain appropriate weight."

**Meeta Chajjed (age-32 years)**



#### Clients & Testimonials

**Hormonal Imbalance** - "I started consulting with Avanti when I was about 12kgs overweight with several nutritional deficiencies, suffering from hormonal imbalance, and had all other health issues that a sedentary job could lead to. I was unable to strike a balance. Avanti played an important role by helping me choose healthy alternatives and the fillers in between two meals. The diet plan she gave me included all that I needed and I loved. Complementing it with light exercise did the magic. In about 3.5 months I lost more than 9 kgs feeling fitter, more active and more confident. All this during the festival season & birthday included. Thank you, Avanti :)"

**Bhakti Paranjpe**



## Avanti believes:

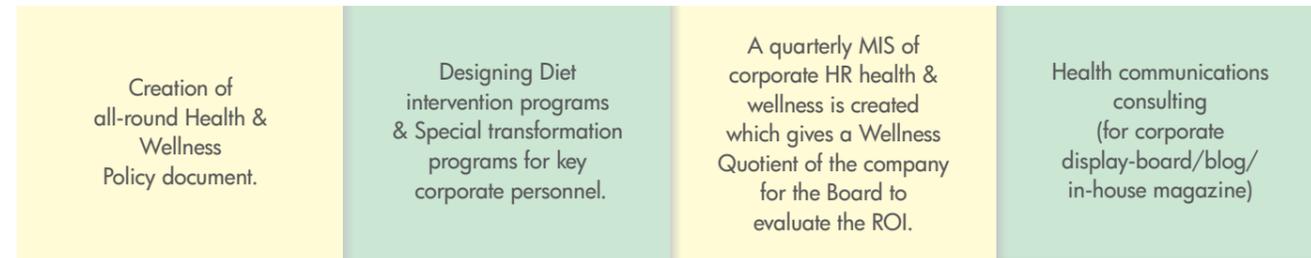
That 'Happy and Healthy people make for efficient and effective workplaces'. To help busy business houses establish profitable organizations, she works collaboratively with the HR teams of various conglomerates, NGOs and Institutions to nurture and nourish their workforce. This she attains through varied mechanisms.

Avanti creates a holistic Annual Nutrition Program for organizations in collaboration with their HR teams.

This involves-



## Annual health & Wellness Program



## Nutrition Talks

Access to loosely available information across various mediums such as –Internet, TV and Newspapers has raised the 'Fitness Awareness' levels. However, as they say that 'Incomplete Knowledge is a Dangerous Thing', is a very visible syndrome amongst most working professionals, who read up on fitness articles and continue to experiment with their health and diet regimen, without realizing the repercussions of following an ad-hoc diet routine.



Avanti's talks are known to be vibrant & impart authentic knowledge through-

- ? How/What you eat impacts your productivity.
- ? Myth busting about various health claims made about market products.
- ? Reading nutrition labels.
- ? Quick Fix Lunch Box Recipes for Working Women & Men.
- ? Health communications consulting (for corporate display-board/blog/in-house magazine)

### Client Testimonials

*I personally found the intervention program beneficial and am determined to follow the guidance given by Avanti. I am also impressed with the participation of the staff and the visible positive effects in their enthusiasm. Hope the periodic motivational messages reinforce our determination to keep fit and eat smart and NOT QUIT the regimen.*

**Dr. Paulo Haufs - Director, FEV**

*Avanti has made a HUGE POSITIVE difference to my lifestyle. Her diet recommendations have done wonders to me and just in 3 weeks I have overcome my 5 years of suffering due to acidity and have no negative health issues. Thanks,*

**Samit Banerjee -Vice President, Service Partner – EMEA, AMDOCS**

## Health Transformation & Intervention for Organizational Leaders by Avanti

A vibrant organizational culture is driven by a 'Top-Down' approach. Unlike in the past, more and more businesses today are realizing that 'Health & Wellness' has to be an integral part of the organizational culture & policy for running not just long sustainable businesses but to attain profitable billion dollar ranking.



Avanti directly works with organizational leaders and top management to ensure fitness begins at the 'Top level' and easily percolates down to entire organization. Her transformation & Intervention program go that extra mile to ensure fantastic results.



\*All of the above services are available for employees through Team Avanti for 3 months duration.

## Cafeteria or Canteen Menu Analysis /Menu Planning

In many organizations, the employees choose to eat all 3 meals of the day in the office cafeteria. Under such circumstances, it is seen that the quality and the quantity of the meal composition affect the employee productivity and health over a period of time. Therefore it is vital that the meals provided by the cafeterias are well balanced and tasty such that they provide three fourth of the employee's daily nutritional requirements.

We would provide the following services of your choice

- Assessment of the existing menu to understand the nutrition quotient.
- Makes suggestions in the existing menu to have a balanced & varied diet
- Design an entire new set of menu with recipes.
- Educate the canteen staff about portioning, hygiene and sanitation for better retention of nutrition.